

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

CON - High Glycemic Index

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Osmo Nutrition, LLC

Phone: 415-258-1613

Email: teamosmo@osmonutrition.com

www.osmonutrition.com/collections/hydration



Osmo Active Hydration

Description: (from Manufacturer's Website)

Contains the Optimal Ratio of Sucrose, Glucose and Electrolytes to Replace Body Water and Power You Lose When Working Out.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.45

3rd Party Certifications:

None

Flavor Name(s):*

(Different flavors may have unique ingredients and nutritional information related to their specific flavoring and/or coloring agents - see individual product labels for details.)

Blackberry, Lemon Lime, Blueberry Pomegranate, Orange

Not Recommended

Rating: **51.6** points



Nutrition Facts

Servings Per Container: 20

Serving Size: 2 scoops (20g)

Calories: **70**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 17g Added Sugars	34%
Cholesterol 0g	0%
Sodium 260mg	11%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 0mg	0%
Potassium 96mg	2%
Vitamin A 0mcg	0%
Vitamin C 20mg	20%
Thiamin 0.1mg	8%
Riboflavin 0.2mg	15%
Niacin 5mg	30%
Vitamin B6 0.8mg	45%
Folate 17mcg DFE	4%
Vitamin B12 0.9mcg	40%
Pantothenic Acid 1mg	20%
Magnesium 29mg	6%

*Percent Daily Value is based on a 2,000 calorie diet.
** Daily Value not Established.

Ingredients

Cane Sugar, Dextrose, Trisodium Citrate, Calcium Citrate, Organic Blackberry Powder, Citric Acid, Potassium Citrate, Magnesium Citrate, Ascorbic Acid, Inositol Hexanicotinate (Vitamin B3), Pyridoxine Hydrochloride (Vitamin B6), D-Calcium Pantothenate (Pantothenic Acid), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12), Folic Acid (Folate).

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